

Inner-Child Workshop

AGENDA



9-9:15 am – Workshop Begins

9:15-9:30 am – Loving Parent Skit

9:30-9:45 am – Gentleness/Breathing Exercise

9:45-10 am – Loving/Kindness Meditation

10-10:15 am – Break

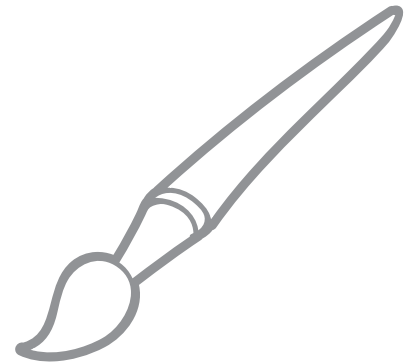
10:15-10:35 am – Music

10:35-12 pm – Art Workshop

12-1:15 pm – Lunch

1:15-1:50 pm – ACA Lead

1:50-2 pm – Closing



PLAY FUN CREATE
LAUGH RELAX

